



S.I.M GYM

Sept/Oct/12

Win a S.I.M GYM T-Shirt!

For the months of Sept/Oct you will need 24 stickers to receive a free t-shirt! While supplies last!

Our Annual Turkey Burner will be held on Friday October 5th 9am.



Please join Lori, Brenda, Leticia, and Lisa for a fun filled hour of exercise and laughter! Sign-up sheets will be at the back table! Refreshments will be served afterwards!



The Gym Will be closed
on Monday Sept 3rd 2012
and
Monday Oct 8 2012



Our New Schedule Will Start Monday September 17th, 2012

September
2012

Please note due to the high number of participants in the classes we have had to cap the number allowed per class. We have capped the spin classes to 10 participants and all other classes at 12 participants.

There will be a sign-up sheet at the back table 15 minutes before the class is set to start. Please fill out a spot for yourself only. All classes are first come first served basis.

Thank you!



Please bring in your donations to the S.I.M Gym food drive all September! Thanks!

S.I.M GYM CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
7:45am		ZUMBA			
8:00am				SPIN	
8:15 am			BALANCE		
8:30 am		STRENGTH TRAINING		STRENGTH TRAINING	
9:00 am	HI/LO		HI/LO		HI/LO
9:30 am	YOGA		MENS STRENGTH		TAI CHI FITNESS
12:45pm		SPIN	BEGINNERS YOGA	SPIN	ZUMBA
1:30 pm		GENTLE STRENGTH TRAINING		GENTLE STRENGTH TRAINING	
1:45 pm	SIT AND BE FIT		SIT AND BE FIT		SIT AND BE FIT
2:30 pm	BEGINNERS BALANCE				